

Full Report (All Nutrients) 45107384, ZATARAIN'S, SAUSAGE & CHICKEN GUMBO, UPC: 071429002609

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	340.0 g 340g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	309	91
Protein	g	--	--	16.01	4.71
Total lipid (fat)	g	--	--	10.00	2.94
Carbohydrate, by difference	g	--	--	45.02	13.24
Fiber, total dietary	g	--	--	2.0	0.6
Sugars, total	g	--	--	5.00	1.47
Minerals					
Calcium, Ca	mg	--	--	61	18
Iron, Fe	mg	--	--	1.80	0.53
Sodium, Na	mg	--	--	979	288
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	11.9	3.5
Vitamin A, IU	IU	--	--	500	147
Lipids					
Fatty acids, total saturated	g	--	--	2.516	0.740
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	31	9

Amino Acids

Other

Ingredients

WATER, COOKED LONG GRAIN RICE, ROTISSERIE SEASONED CHICKEN TENDERS, (CHICKEN TENDERS, WATER, ROTISSERIE SEASONING [SALT, SUGAR, {INCLUDING RED PEPPER AND PAPRIKA}, SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, SODIUM PHOSPHATE, CORN STARCH, CARRAGEENAN, EXTRACTIVES OF OREGANO, SOY LECITHIN, EXTRACTIVES OF PAPRIKA, GARLIC, NATURAL FLAVOR]), SMOKED ANDOUILLE SAUSAGE (PORK, BEEF, CORN SYRUP SOLIDS, WATER, SODIUM LACTATE AND SODIUM DIACETATE, MODIFIED CORN STARCH, SALT, SPICES, SODIUM PHOSPHATE, CORN MALTODEXTRIN, PAPRIKA, NATURAL FLAVOR, GARLIC, SODIUM ERYTHORBATE, SODIUM NITRITE), OKRA, ONIONS, BELL PEPPERS (GREEN AND

RED), ENRICHED WHEAT FLOUR (WHEAT FLOUR, FERROUS SULFATE, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BHA & BHT ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3 ADDED), CHICKEN BASE (ROASTED CHICKEN MEAT AND NATURAL JUICES, CHICKEN FAT, CORN SYRUP, YEAST EXTRACT, MODIFIED CORN STARCH, SPROUTED WHEAT FLOUR, HAM-TYPE FLAVOR (SOY SAUCE [HYDROLYZED SOY PROTEIN, CORN SYRUP SOLIDS, SALT], YEAST EXTRACT, MALTODEXTRIN [FROM CORN], NATURAL FLAVORS [INCLUDING SMOKE], SOYBEAN OIL, SPICES), SOYBEAN OIL, CANOLA OIL, SEA SALT, SPICES, CARAMEL COLOR, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER) PARSLEY FLAKES. *Date Last Updated by Company:* 05/16/2016